



GROUNDCOVER

NEWS AND SOLUTIONS FROM THE GROUND UP

OCTOBER 2017 VOLUME 8 ISSUE 10

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AGENCY SPOTLIGHT

Building community with Habitat for Humanity

by Billy Kangas
Groundcover Contributor

On July 15, 2017 I embarked on my first Habitat for Humanity work day. For years I have known about the good work that Habitat for Humanity does and seen the impact they have had in the neighborhoods surrounding Ypsilanti. When I saw Habitat for Humanity was having a public work day, I jumped at the chance to see what Habitat was up to first-hand. I was not disappointed. My time working with Habitat was a blast. I made new friends, tried my hand at new tasks, learned about the community, made some exciting connections with people, shared about my life, laughed a whole lot and got to help families in need in the process.

On the day of the event volunteers descended, eager to work, on St. Mark Lutheran Church. St. Mark is situated in the Sugarbrook neighborhood just south of Ypsilanti where we were working that day. This is an area that has been powerfully impacted by the mission of our local Habitat chapter.

As you may know, Habitat for Humanity is in the business of getting people in homes and helping keep people in homes. They are best known for building houses, but they have made a huge difference in Sugarbrook and in the surrounding neighborhoods by restoring homes. Through a partnership with the township they acquired 18 homes in the local community last year. These houses were fixed up and then sold to local families at affordable rates and with zero-percent interest mortgages. This is often the first step



Habitat for Humanity volunteers partnered with homeowners to upgrade and maintain houses in the Sugarbrook neighborhood of Ypsilanti on July 15, 2017.

in a family's life in breaking out of the cycle of generational poverty that can be so difficult to overcome.

On our volunteer day, however, we were not developing or restoring new homes for people, but were helping support existing homes and homeowners in the community.

Our teams were partnering with homeowners to do work on their houses so that they could better maintain their property. We cleaned and fixed gutters, cleared out garages, scraped and repainted the exterior, helped with landscaping and helped install small upgrades to the property. This kind of work is another aspect of Habitat for Humanity's work that I really appreciate. They want to make sure that the homes people live in are spaces where they can thrive.

It was eye-opening to meet the woman

whose house I was working on. She had bought the only house she could afford a few years ago, and that meant it had problems. The home needed a new roof, the garage was falling over and it seemed it was eating up more money than she was able to throw at it. She had bought the home with the hope of it providing a stable future. As a homeowner myself, I can relate to this. Owning a home can offer so many long-term advantages. It helps develop equity, it can create security for the future and it carries with it the pride of having your own corner of the world to care for. But this woman was on the edge of getting buried by all the unforeseen costs of home ownership.

Habitat for Humanity partners with people to make sure their property can remain a home. As people hit road-bumps, Habitat for Humanity connects them to people and resources. This ensures the bumps in the road don't become insurmountable hurdles. Habitat's programs also include critical repairs, weatherization of homes,

energy efficiency improvements, financial coaching and home ownership courses.

I appreciate the work that Habitat for Humanity does because it takes seriously the whole picture of what it means to make a home. A home is not limited to having a roof over your head. A home is a place where you can put down roots and grow toward your full potential. This not only requires the necessities of life like food and shelter; it also requires connection to neighbors, opportunities and a larger purpose. Habitat for Humanity helps build homes not only in the houses they help to build and maintain, but also in the ways they connect community members to the needs of one another.

I know that I too often can become focused on my own routine. I can fall prey to only working for my business, family and concerns. Having the privilege to open my heart and hands to do new work and make new friends in the community is a treasure beyond measure.

If you, like me, have been feeling you need a kick in the heart I encourage you to explore the myriad ways you can live your life outward. There are great volunteer options available to you all over. There are also lots of folks who would be happy to connect you to needs. United Way hosts the best list of opportunities that I know of. There is also Cultivate Coffee & Taphouse, which I helped to found in Ypsilanti. Cultivate has made it their specialty to connect individuals to opportunities. If you have a desire to get connected to something bigger please drop us a line. We'd love to connect you to a need you can help to meet. Finally, if you're interested in participating in a Habitat for Humanity work day, please visit www.h4h.org or give them a call at (734) 677-1558.

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COMMUNITY

Celebrity vet Noah Galloway emcees *Stories of Service* at Hill Auditorium 11/8

by Lawrence R. Dolph
Groundcover Contributor

Expect Noah Matthew Galloway to walk with exceptional grace onto the stage at Hill Auditorium on the evening of November 8, 2017 when he emcees Ann Arbor's third annual veterans' *Stories of Service* event.

After all, the wounded veteran of the Iraq War, who lost his left arm above the elbow and his right leg above the knee during his second deployment, recovered sufficiently to finish third on Season 20 of *Dancing with the Stars*.

Galloway, also the author of *Living with No Excuses: The Remarkable Rebirth of an American Soldier*, is coming to

Ann Arbor to introduce five other U.S. military veterans, each with a story of service and sacrifice as powerful as his own.

Listen, for example, to James Stejskal who, with a handful of other special forces disguised as civilians, was all

After all, the wounded veteran of the Iraq War, who lost his left arm above the elbow and his right leg above the knee during his second deployment, recovered sufficiently to finish third on Season 20 of *Dancing with the Stars*.

Fisher Houses provide military families with accommodations close to a loved one during hospitalization for an illness, disease or injury, such as the three serious wounds incurred by Daniel Patrick while serving as a Marine in Iraq.

"While there are 72 operational Fisher Houses around the world, including

four in Ohio, Michigan currently has none," explained Patrick, the recipient of three Purple Hearts who is now the Foundation Director of Fisher House Michigan. "We have nearly 650,000 veterans living in Michigan, and its time they have the benefit of a Fisher House to access the care they earned while serving in harm's way," Patrick said.

Stories of Service is being produced by Maija Garcia, a New York stage and film director who returned to her hometown of Ann Arbor to stage an innovative performance platform for our veterans.

"I have yet to meet a veteran who would call him or herself a hero," observed Garcia, who has been working closely with veterans for months. "They see themselves as ordinary people who were asked

see VETERANS, page 11



Galloway, a former U.S. Army soldier, motivational speaker and extreme sports enthusiast, rose to fame as a contestant on *Dancing With the Stars* and *American Grit*.

Breaking out of mass incarceration – joint presentation on restorative justice

by Mary Browning
Groundcover Contributor

I was part of my congregation's prison ministry, which wrote monthly letters and sent money to inmates who had had some connection with our congregation. Ideas about how to help them as they left prison came from a group called Healing Communities. This group joined with folks interested in restorative justice to form Friends of Restorative Justice of Washtenaw County to promote redemption, not punishment, in jails and prison to encourage ways to keep folks out of jails and prisons, and to find ways to help returning citizens heal and rejoin our communities.

We are collaborators in a program to share that message. Come to hear Danielle Sered, Executive Director of Common Justice, speak on "Accounting for Violence: How to Increase Safety and Break our Failed Reliance on Mass Incarceration." The public event will take place Thursday, October 12, 4-5:30 p.m. at the Gerald Ford School of Public Policy, Weill Hall, Annenberg Auditorium, #1120, 735 South State Street Ann Arbor, Mich., 48109.

Accounting for Violence

How to Increase Safety and Break Our Failed Reliance on Mass Incarceration

Presentation by Danielle Sered
Director, Common Justice

Thursday, October 12, 2017,
4-5:30 p.m.
Gerald Ford School of
Public Policy

Annenberg Auditorium, Room 1120 Weill
Hall
735 South State St., Ann Arbor, MI 48109
Reception to follow



Danielle Sered, Director of Common Justice, is a crime survivor, Rhodes Scholar, author and criminal justice innovator.

Sered will present a discussion on "Accounting for Violence: How to Increase Safety and Break our Failed Reliance on Mass Incarceration." The public event will take place Thursday, October 12, 4-5:30 p.m. at the Gerald Ford School of Public Policy, Weill Hall, Annenberg Auditorium, #1120, 735 South State Street Ann Arbor, Mich., 48109.

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What is restorative justice? A good

source of information is Howard Zehr's *The Little Book of Restorative Justice*. In Zehr's words, "Restorative justice is a process to involve, to the extent possible, those who have a stake in a specific offense and to collectively identify and address harms, needs and obligations, in order to heal and put things as right as possible." Traditional criminal justice and restorative justice approach a criminal offense by asking radically different questions. Criminal justice asks: (1) What laws have been broken?; (2) Who did it?; and (3) What do they deserve? Restorative justice asks: (1) Who has been hurt?; (2) What are their needs?; and (3) Whose obligations are these? While the former emphasizes punishment, the latter offers opportunities for healing of all parties involved, making amends and reducing the burden to the criminal justice system. Restorative approaches to crime date back thousands of years, but the contemporary restorative justice movement was first articulated by Zehr in the early 1990s and has since gained tremendous momentum. Restorative practices such as victim-offender mediation, family group conferencing and community restorative boards are increasingly used throughout the United States and

see JUSTICE, page 11

ArtBreak offers instruction and supplies at the Delonis Center Ann Arbor

by Becki Spangler
Groundcover Contributor

ArtBreak Studio provides a weekly drop-in art "class" for residents

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Writing brings healing and hope for workshop participants

by Madeline Strong Diehl
Groundcover Contributor and
Workshop Coordinator

After a two-month therapeutic writing workshop, three Groundcover News (GCN) vendors report that journaling and discussing their life stories together has helped them take charge of their lives in new and positive ways. The three goals of the workshop were to teach students how to use journaling and writing to maintain their mental health; to heal from trauma; and to reclaim their dreams and start working towards them.

A total of six GCN vendors attended at least one meeting during the program, and three of those attended regularly. (About eight other vendors also participated in two sample workshops last spring while the program was being developed.) All three regular attendees agreed that journaling, meeting together in the workshop and working one-on-one with coaches has had a major, positive impact on their lives.

"I'm at a fork in the road with my life, and the workshop helped me realize that I've been fooling myself and going down a bad path that won't lead to success," explained Matthew White. "Everyone in the workshop helped me see that I can make choices in my life, and I've decided I want to do whatever it takes to have a good life." Matt added that journaling "helped me straighten out my thoughts on a piece of paper and make realistic goals."

However, Joe added, "I like doing what I do to show the younger generation, and people in general, that you can get your money legally, no matter what. You don't have to beg, steal

a routine of meditation, collecting blessings, and positive affirmations.

Matt said he now can recognize when he's starting to have negative thoughts about himself, and regularly uses positive affirmations to turn his thoughts around. He also says the element of self-expression was very important to him; to be able to let other people know a little bit about who he is through his poetry.

From the beginning, students were told that the workshop wasn't just about writing – it is about using journaling and writing as a way to heal. Once Joe Woods started journaling regularly, he achieved a deep understanding of his life for the first time – and this has also helped him to glimpse the path to lasting healing.

"It was a bitter pill to swallow, but I figured out how my whole life got so messed up," explained Joe. Joe is sales manager for GCN, and because of his leadership and people skills, he's been told by many people – including GCN publisher Susan Beckett – that he could obtain and succeed at a job that pays a much higher salary. Joe says he intends to continue journaling and seek professional support so he can heal and chart a new path for his future – a path that might include escaping life on the financial edge.

The workshops always started with

or sell drugs and you can still have your dignity and earn money even if you have to think outside the box [by working for a street newspaper or at another unusual job]."

One of the central focuses of the workshop was to encourage participants to give themselves permission to dream and work towards those dreams. Many GCN vendors are not in stable housing, and must scramble on a day-to-day basis for

food, water, clothing and other basic needs. This daily high-stakes struggle leaves almost no room to dream, let alone time for figuring out how to build a solid foundation for financial and emotional stability. All three regular workshop participants agreed that the main benefit of the workshop was the time and space it gave them to reflect on their lives, goals and dreams.

For Lit Kurtz, one of GCN's most

see **RIGHT TO WRITE, page 8**

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Boober on billboards and more!

by Kevin Spangler
Groundcover Vendor #307

Well, Boober Tours has had a busy month. United Way became a sponsor and we increased the pedicab fleet to 17 last month. We operated in three cities in one night: Ann Arbor, Ypsilanti and Plymouth. We got a Boober flatbed truck to transport the cabs to events, as the U-Haul bill was getting too costly.

We were the fun transportation for the Ypsilanti Heritage Festival, one of the best-run events we have participated in. We actually worked together to perform better at giving improved service to people with disabilities.

I was the secret keynote speaker for the 2017 campaign kickoff for United Way, which was an amazing event – lots of great people there. We just started our second set of United Way's spending plan classes. It was amazing to get

Right to Write workshop

continued from page 7

prolific authors, the workshop provided the affirmation and encouragement she needed to believe she can write a successful memoir and become a professional writer. "I was already planning to put my best essays together into a book, but the workshop helped give me time and focus to work on it, and the support and confidence I need to follow through," Lit explained.

Lit added that the program's benefits went beyond emotional support, because she was able to get one-on-one coaching about the writing profession

everyone focused on one of the most important skills for people in recovery. Thank you, United Way!

Bank of Ann Arbor put Boober Tours on a billboard right in between where I lived at the shelter and the third place I stored my cabs at West Huron Properties. And the *Ann Arbor Observer* writer, James Leonard, wrote an article on me. Also, we are getting a few key people to step up and do maintenance on the cabs so I can focus more on the marketing and branding for Boober.

I have learned that everything is a test. I have set massive goals and realize I have to pass every test or it will take a little away from my massive goals. So, I have made many commitments to never making any poor decisions again. I have also found that negative thoughts create negative reality so I have learned to focus only on the positive to get more



Costumes are part of the Boober Tours' extremely successful marketing strategy that now includes relationships with Bank of Ann Arbor (pedicab pedaled by Jared and ridden in by Ethan) and the United Way (pedicab operated by Kevin Spangler).

positive. This all goes to striving to raise my vibration to help as many people

as possible. I pray, chant and meditate every day for over an hour.

Washtenaw County voters decide on Tuesday, Nov. 7 on new property tax for public safety and mental health services

by The CivCity Initiative at CivCity.org

All property owners in Washtenaw County would pay the new tax. It would be levied for eight years, starting in December 2018, and would raise an estimated \$15 million each year.

The money would be spent in three ways:

- 38 percent would go to the Washtenaw County Sheriff's Office for public safety services.
- 38 percent would go to the Washtenaw County Community Mental Health Department. They provide

from local author Lisa Powers.

All three workshop participants said that the workshop was instrumental in helping them feel more hopeful about their lives because it provided a place for them to take care of their emotional and spiritual needs in a way that is not available anywhere else in their community.

"We don't have a space in our lives where we can vent or express our true feelings with each other," said Kurtz. "This is one of so many essential but unrecognized needs that our society

is not providing for people who are homeless. Society keeps talking about homelessness as a 'crisis,' but it's way past that now. It's an emergency and an epidemic – you'd think there are enough of us now that society would acknowledge that we need to train specialists who can deal holistically with our particular problems – doctors, psychiatrists and social workers who are trained to understand what living on the street is like. And most of all, we need to be able to feel we belong and can make meaningful contributions to our community. Groundcover

News provides part of that for me but homeless people need much more if we are ever going to survive and find a way out – a way to live a secure life of dignity."

Editor's Note: Groundcover News is in the process of planning public readings of works by these and other vendors. The first reading will likely be on November 1 at Cultivate Coffee and Tap House in Ypsilanti and the second will be on November 9 at Bookbound in Ann Arbor. Check our Facebook page (or that of the venue) for more information.

Voter Resources

Michigan Voter Information Center: michigan.gov/vote

CivCity Nonpartisan Voter Guide: AnnArborVotes.org

League of Women Voters: Vote411.org



services for the mentally ill.

- 24 percent would be divided among local police forces in the cities of Ann Arbor, Chelsea, Milan, Saline and Ypsilanti, as well as in Pittsfield Township and Northfield Township.

Why could this new tax be important? The tax would add money directly to the Washtenaw County budget for mental health services in our communities. This is important as the State of Michigan continues to cut their budget for mental health services statewide. Also, Sheriff Jerry Clayton stressed the County's need for funds to improve safety in our community.

What do you think about the proposal? Would you vote yes or no?

You must be registered by Tuesday, Oct. 10 to vote in the Nov. 7 election. Go to AnnArborVotes.org for more information.

On the Rebound Peter A. Collins

ACROSS

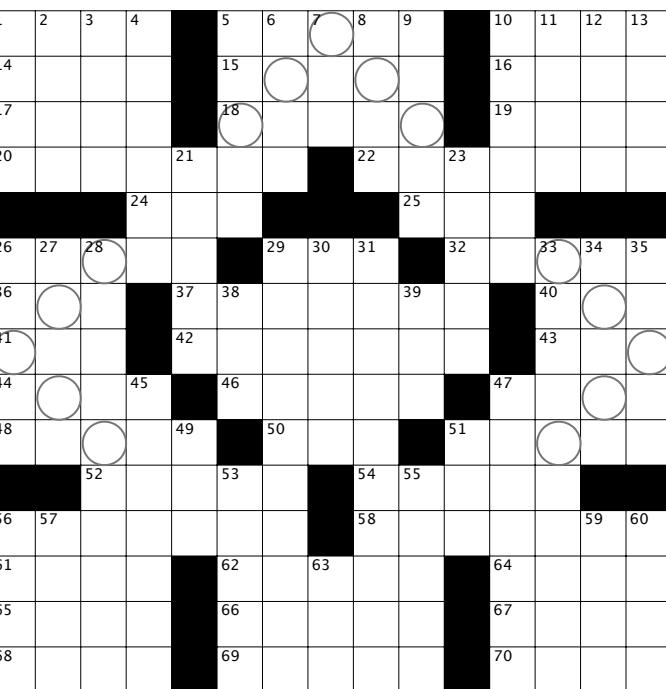
- Granite hunk
- Biblical patriarch
- Somewhat
- Tijuana tip
- Rapid transit?
- "Joshua Judges ___" (Lyle Lovett album)
- Pearl Harbor locale
- Pandora bracelet bauble
- School trouble-maker?
- D.C. squad, for short
- Killer Bee portrayer on SNL
- Walgreens competitor
- Reconciliation recitation
- Host
- Glaswegian's "gee"
- 1750, to Caesar
- Berne's river
- Disconnected, in a way
- tzu (Chinese philosopher)
- Ham holder
- For ___ sake
- Abbr. on a JFK board
- Diluvial marinier
- Liquid or solid
- Barry Sanders, for his entire career
- Knight gown?
- Buckingham Palace initials
- Motown records, originally
- Roulette bet
- Eleniak of "Baywatch"
- Down-and-outer's hang-out
- Agrees to a new contract
- Years, in Latin
- Nevada/California border lake
- Element #10
- Valentine's Day bloom
- Icy
- Home loan org.
- They might swing among the trees?
- Staff members?
- Flight component?

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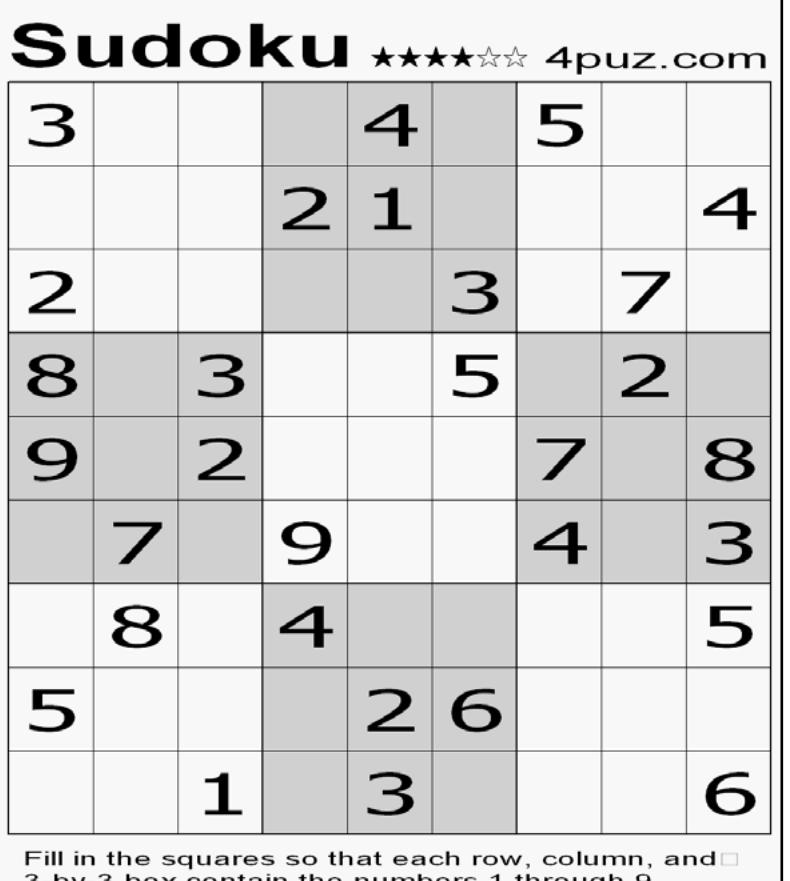
- Court great Arthur
- With 10-Down, drift aimlessly (and an apt title for this puzzle)
- They earn int.
- Scrooge outbursts
- It's found stranded in a cell
- Eye test option
- Some Pinterest postings
- See 4-Down
- Lab coat problems?
- Rash reaction
- Asian cuisine
- Some old Chevy subcompacts
- Moscow mule garnishes
- ___ living
- City boss
- Beauty aisle buy
- Bizarre (and a hint to the some of the circled letters)
- Defibrillation exclamation
- Go ballistic (and a hint to some of the circled letters)

DOWN

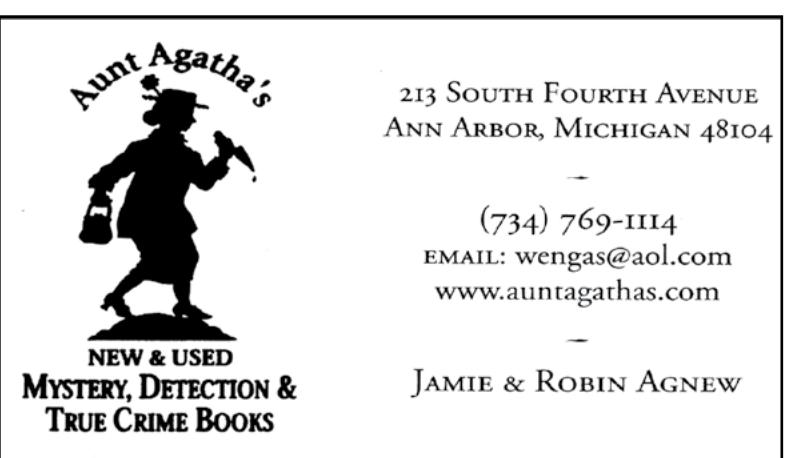
- Word with black or beauty
- Actress Remini of "The King of Queens"



- Insurance company employee
- 2015 Cate Blanchett/ Rooney Mara film
- "___ Doone"
- Some musical notes
- Science guy Bill
- Cold weather casual wear
- Gretzky's team for eight yrs.
- Capek sci-fi play (that coined the word "robot")
- "My country, ___ of thee"
- Scored the median, maybe
- Boating hazards
- ___ Lee (baked good brand)
- Fort ___ (gold depository site)
- Iditarod terminus
- Onesie fastener
- Ground breaking invention?



Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.



GROUNDCOVER VENDOR CODE

While Groundcover News is a nonprofit organization and newspaper vendors are considered contracted self-employers, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following list is our Vendor Code of Conduct, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

All vendors must agree to the following code of conduct:

- Groundcover News will be distributed for a voluntary donation of \$2, or the face value of the paper. I agree not to ask for more than face value or solicit donations by any other means.
- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover News.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner policy.
- I will wear and display my badge when selling papers.
- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from other

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New Delonis director Dan Kelly breakfasts at Peace House

by William Shakespeare
Groundcover Vendor #258

Leadership at the Delonis Center has changed with the retirement of Ellen Schulmeister and the inauguration of Dan Kelly taking the helm of leadership. Kelly is the new Executive Director of Ann Arbor's Shelter Association of Washtenaw County. Schulmeister retired after many years of service and devotion.

Kelly brings a deep understanding of the causes and consequences of poverty and homelessness to the shelter. With a college background in psychology and anthropology and a master's degree in social work from the University of Michigan (U-M), he is prepared to understand the plight of the poor and the vulnerable, and offer comprehensive intervention and durable policy solutions. Previously, he was the Executive Director of the Shelter Association of Oakland County, Mich. He has researched and taught on the topics of poverty, community intervention, youth empowerment and public policy solutions on the U-M campus and at other non-profit organizations.

It was in the spirit of making a difference that Mr. Dan Kelly visited the Peace House/Mercy House Saturday Community Breakfast. The breakfast is not only for the homeless. It is designed to accommodate any member of the

Making most of jail time

by Tabitha L.
Groundcover Vendor #360

Hello, Groundcover readers!

Unfortunately, I have not been around to sell our amazing paper because I have been in the Washtenaw County Jail. I have been incarcerated since May 2, 2017 and my outdate is January 26, 2018.

I'm happy to be taking care of my charges and to move forward. I'm doing everything I can while I am in here. I am currently taking Moral Recognition Therapy (MRT), Peer-to-Peer (a mental health program), Alcoholics for Christ (similar to AA), Narcotics Anonymous, Women's Trauma and attending church. I also often help clean for the officers. I am very glad for the classes that Washtenaw County Jail offers to us inmates. I am learning a lot while here.

community who is hungry, needs to take a shower or needs to do laundry. It is part of the vision and work of corporate attorney and U-M Law School alumna Peggy Lynch, community members Sheri Wander, Caleb Poirier, and others to create a House of Hospitality. The breakfast program offers an elaborate meal of gourmet coffee, pancakes, scrambled eggs, sausage, fried cut potatoes, Panera Pastries, orange drinks, cold water, tea and occasionally, birthday cakes. The meal is very delicious and heart-warming.

Kelly's visit was a remarkable success. He saw over 50 guests. He had long chats with the people he met. He took a tour of the building, the garden and the picnic areas. I was his tour guide in my role as the Peace House "Good Will Ambassador."

Kelly's energy and dynamism are very noticeable. He is a good listener and a



The food, however, is awful. I can't wait to come back home and go to work! I also plan to get more involved with the Ann Arbor community. Until then, know that I miss you.



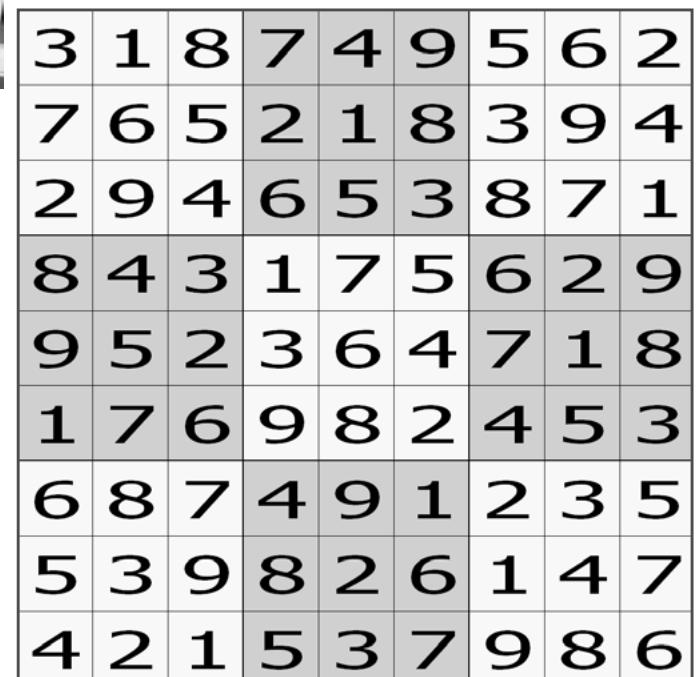
Peggy Lynch of M.I.S.S.I.O.N. and Dan Kelly, the new director of the Delonis Center, shared a few minutes on the Mercy House porch when Kelly came for breakfast, a tour and conversation.

lively conversationalist. He showed that he was interested in the viewpoints of the breakfast guests, hosts and team members. He also displayed a sense of empathy, sympathy,

see DAN KELLY,
page 11



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Veterans' Stories of Service at Hill Auditorium November 8

continued from page 5

a Fisher House at the VA Ann Arbor.

and a three-novel series.

"There will be a tribute to the Army, Navy, Marines, Air Force and Coast Guard followed by our Moth StorySLAMS celebrity storyteller Abbas Mousa," Kerry continued.

Mousa had worked as a translator with the U.S. military in Iraq and then came to the United States in 2009 through the military's Special Immigrant Program. He received his master's degree in economics six years later and now works for the U.S. Department of Commerce. Mousa is currently writing a memoir

"The speaker line-up is sensational," Fisher House Michigan Foundation Director Patrick said.

Stories of Service will take place 6-8 p.m. at Hill Auditorium in Ann Arbor, and is free and open to the public. For more information, search for Fisher House Michigan Events on Facebook.



linquency and University of Michigan Gerald R. Ford School of Public Policy in a provocative and inspiring discussion on how restorative justice reduces violence and ends mass incarceration in our communities.

Restorative justice presentation

continued from page 5

worldwide as an alternative to standard sentencing protocols, and its many benefits to both the parties directly involved and to society at large have been well-documented. According to a 2007 report by Sterman and Strang of the Smith Institute in London, restorative justice:

- Doubles (or more) the offences brought to justice as diversions from criminal justice,
- Helps reduce the costs of criminal justice,
- Provides both victims and offenders with more satisfaction that justice has been done than did traditional criminal justice,
- Substantially reduces repeat offending for some offenders,
- Reduces repeat offending more than prison for adults and at least as well as prison for youths,
- Reduces crime victims' desire for

violent revenge against their offenders.

Join Friends of Restorative Justice of Washtenaw County, Citizens Alliance on Prison and Public Spending, American Friends Service Committee Michigan Criminal Justice Program, Michigan Council on Crime and De-



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Concord grape jelly

by Elizabeth Bauman
Groundcover Contributor

Such a sweet, beautiful treat on toast!

Ingredients:

4 pounds Concord grapes
6½ cups sugar
½ container (6 fluid ounce) liquid pectin

Directions:

1. Sort and wash grapes, and remove stems. Place them into a large kettle and crush them using a potato masher. Cover, and bring to a boil over high heat. Reduce heat to low and simmer for 10 minutes. Remove from heat and extract juice by straining the juice through a

double thickness of damp cheesecloth. Allow the juice to stand in a cool place overnight. This will prevent the formation of crystals in the jelly.

2. Measure 4 cups of the juice into a large pot. Stir in the sugar. Quickly

bring to a full rolling boil. Stir in pectin and allow to boil hard for 1 minute. Remove from heat, and skim off foam. Pour into hot sterile jars and process for 5 minutes in a boiling water bath.

3. Allow to sit on counter for 1 day and then store in a cool, dry space.

Makes about 5-6 pints.



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